

1 A health supplement composition for mammals comprising:
at least one phosphoester; and
at least one synergistic antioxidant combination, wherein said synergistic antioxidant
combination comprises at least one antioxidant and at least one other composition component that has a
synergistic relationship with said antioxidant.

3 The composition of claim 1 comprising at least two phosphoesters.

5 The composition of claim 4 wherein said herbal antioxidant comprises at least one member selected from compounds derived from the group consisting of citrus fruits, citrus peels, curcuma, ginkgo biloba, ginseng, gotu kola, proanthocyanidins, quercetin, and Siberian ginseng.

6. The composition of claim 4 wherein said amino acid antioxidant comprises at least one member selected from the group consisting of acetyl-L-carnitine, L-glutamine, N-acetyl-L-cystine, L-lysine, L-methionine, and L-taurine.

7. The composition of claim 4 wherein said antioxidant vitamin comprises at least one member selected from the group consisting of vitamin A, vitamin B₁, vitamin B₂, vitamin B₃, vitamin B₅, vitamin B₆, vitamin B₁₂, beta-carotene, vitamin C, vitamin E, L-glutathione, lipoic acid, lutein, lycopene, ubiquinone, and zeaxanthin.

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8. The composition of claim 4 wherein said at least one antioxidant mineral comprises at least one member selected from the group consisting of boron, chromium, manganese, magnesium, selenium, and zinc.

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9. The composition of claim 1, wherein said composition comprises at least one application method selected from the group consisting of oral, parenteral, rectal, and topical administration.

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10. The composition of claim 1, wherein said use on mammals comprises prevention or treatment of illnesses selected from the group consisting of AIDS-associated dementia, Alzheimer's disease, benign senile forgetfulness, Down's syndrome-associated dementia, Lewy body dementia, multi-infarct dementia, multiple sclerosis, Parkinson's disease-associated dementia, tardive dyskinesia, Wernicke-Korsikoff syndrome, and alcoholism-associated dementia.

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11. The composition of claim 2 wherein said phosphoester comprises a daily dosage of between approximately 0 mg and approximately 16,000 mg of phosphatidylcholine, between approximately 0 mg and approximately 300 mg of phosphatidylserine, between approximately 0 mg and approximately 500 mg of phosphatidylethanolamine, and between approximately 0 mg and approximately 10,000 mg of phosphatidylinositol.

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12. The composition of claim 2 wherein said phosphoester comprises a daily dosage of between approximately 0 mg and approximately 1000 mg of phosphatidylcholine, between approximately 0 mg and approximately 100 mg of phosphatidylserine, between approximately 0 mg and approximately

200 mg of phosphatidylethanolamine, and between approximately 0 mg and approximately 1000 mg of phosphatidylinositol.

13. The composition of claim 4 wherein said herbal antioxidant comprises a daily dosage of
5 between approximately 0 mg and approximately 7 mg of barberry, between approximately 0 mg and
approximately 70 mg of bilberry proanthocyanidins, between approximately 0 mg and approximately 150
mg of lemon bioflavonoids, between approximately 0 mg and approximately 150 mg of lime bioflavonoids,
between approximately 0 mg and approximately 150 mg of orange bioflavonoids, between approximately
0 mg and approximately 1000 mg of curcuma, between approximately 0 mg and approximately 2 mg of
10 garlic bioflavonoids, between approximately 0 mg and approximately 180 mg of ginkgo biloba, between
approximately 0 mg and approximately 2000 mg of ginseng, between approximately 0 mg and
approximately 100 mg of gotu kola, between approximately 0 mg and approximately 1000 mg of grape
seed proanthocyanidins, between approximately 0 mg and approximately 1000 mg of red apple
quercetin, between approximately 0 mg and approximately 1000 mg of red onion quercetin, and between
15 approximately 0 mg and approximately 400 mg of Siberian ginseng.

14. The composition of claim 14 wherein said herbal antioxidant comprises a daily dosage of
between approximately 0 mg and approximately 35 mg of barberry, between approximately 0 mg and
approximately 35 mg of bilberry proanthocyanidins, between approximately 0 mg and approximately 75
20 mg of lemon bioflavonoids, between approximately 0 mg and approximately 75 mg of lime bioflavonoids,
between approximately 0 mg and approximately 75 mg orange bioflavonoids, between approximately 0
mg and approximately 500 mg of curcuma, between approximately 0 mg and approximately 1 mg of
garlic bioflavonoid, between approximately 0 mg and approximately 250 mg of ginkgo biloba, between
approximately 0 mg and approximately 1000 mg of ginseng, between approximately 0 mg and
25 approximately 50 mg of gotu kola, between approximately 0 mg and approximately 500 mg of grape
seed proanthocyanidins, between approximately 0 mg and approximately 500 mg of red apple quercetin,
between approximately 0 mg and approximately 500 mg of red onion quercetin, and between
approximately 0 mg and approximately 200 mg Siberian ginseng.

15. The composition of claim 4 wherein said antioxidant amino acid comprises a daily dosage of between approximately 0 mg and approximately 1500 mg of acetyl-L-carnitine, between approximately 0 mg and approximately 1500 mg of L-glutamine, between approximately 0 mg and approximately 1500 mg of L-lysine, between approximately 0 mg and approximately 1500 mg of L-methionine, between approximately 0 mg and approximately 1500 mg of L-aurine, between approximately 0 mg and approximately 1500 mg of N-acetyl-L-cystine, and between approximately 0 mg and approximately 800 mg S-adenosylmethionine.

16. The composition of claim 15 wherein said antioxidant amino acid comprises a daily dosage of between approximately 0 mg and approximately 800 mg of acetyl-L-carnitine, between approximately 0 mg and approximately 800 mg of L-glutamine, between approximately 0 mg and approximately 800 mg of L-lysine, between approximately 0 mg and approximately 800 mg of L-methionine, between approximately 0 mg and approximately 800 mg of L-aurine, between approximately 0 mg and approximately 800 mg of N-acetyl-L-cystine, and between approximately 0 mg and approximately 800 mg of S-adenosylmethionine.

20 17. The composition of claim 4 wherein said antioxidant vitamin comprises a daily dosage of between approximately 0 mg and approximately 50,000 IU of beta carotene, between approximately 0 mg and approximately 10,400 IU of vitamin A, between approximately 0 mg and approximately 1000 mg of vitamin B₁, between approximately 0 mg and approximately 10 mg of vitamin B₂, between approximately 0 mg and approximately 1000 mg of vitamin B₃, between approximately 0 mg and approximately 500 mg of vitamin B₅, between approximately 0 mg and approximately 500 mg of vitamin B₆, between approximately 0 mg and approximately 500 mg of vitamin B₆ (pyridoxal 5'-phosphate), between approximately 0 mg and approximately 1000 mg of vitamin B₁₂, between approximately 0 mg and approximately 3000 mg of vitamin C, between approximately 0 mg and approximately 800 mg of vitamin E, between approximately 0 mg and approximately 1000 mcg of folic acid, between approximately 0 mg and approximately 2000 mg of L-glutathione, between approximately 0 mg and

approximately 400 mg of lipoic acid, between approximately 0 mg and approximately 30 mg of lutein, between approximately 0 mg and approximately 15,000 mcg of lycopene, between approximately 0 mg and approximately 600 mg of ubiquinone, and between approximately 0 mg and approximately 500 mg of zeaxanthin.

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18. The composition of claim 4 wherein said antioxidant mineral comprises a daily dosage of between approximately 0 mg and approximately 100 mcg of boron, between approximately 0 mg and approximately 200 mcg of chromium, between approximately 0 mg and approximately 50 mg of manganese, between approximately 0 mg and approximately 1000 mg of magnesium, between approximately 0 mg and approximately 200 mcg of selenium, and between approximately 0 mg and approximately 100 mg of zinc.

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19. The composition of claim 1 additionally comprising at least one component selected from the group consisting of bromelain, papain, and betaine.

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20. The composition of claim 19 wherein said at least one component comprises a daily dosage of between approximately 0 mg and approximately 80 mg of bromelain, between approximately 0 mg and approximately 50 mg of papain, and between approximately 0 mg and approximately 50 mg of betaine.

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21. The composition of claim 1 wherein said synergistic antioxidant compound comprises at least one phosphoester and at least one herbal antioxidant.

22. The composition of claim 1 wherein said synergistic antioxidant compound comprises at least one phosphoester and at least one antioxidant mineral.

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23. The composition of claim 1 wherein said synergistic antioxidant compound comprises at least one phosphoester and at least one antioxidant amino acid.

24 The composition of claim wherein said synergistic antioxidant compound comprises at least one phosphoester and at least one antioxidant vitamin.

5 25 The composition of claim 1 wherein said synergistic antioxidant compound comprises at least one herbal antioxidant and at least one antioxidant mineral.

26 The composition of claim 1 wherein said synergistic antioxidant compound comprises at least one herbal antioxidant and at least one antioxidant amino acid.

10 27 The composition of claim 1 at least one herbal antioxidant and at least one antioxidant vitamin.

Sub A2 28. The composition of claim 1 wherein said synergistic antioxidant compound comprises at least one antioxidant mineral and at least one oxidant amino acid.

29 The composition of claim 1 wherein said synergistic antioxidant compound comprises at least one antioxidant mineral and at least one antioxidant vitamin.

20 30 The composition of claim 1 wherein said synergistic antioxidant compound comprises at least one antioxidant amino acid and at least one antioxidant vitamin.

31 The composition of claim 1 wherein said synergistic antioxidant compound comprises at least one herbal antioxidant, at least one antioxidant mineral, and at least one antioxidant amino acid.

25 32 The composition of claim 1 wherein said synergistic antioxidant compound comprises at least one herbal antioxidant, at least one antioxidant mineral, and at least one antioxidant vitamin.

33. The composition of claim 1 wherein said synergistic antioxidant compound comprises at least one antioxidant mineral, at least one antioxidant amino acid, and at least one antioxidant vitamin.